



# R. J. COLLEGE of Arts, Science & Commerce (AUTONOMOUS)

(Hindi Vidya Prachar Samiti's RAMNIRANJAN JHUNJHUNWALA COLLEGE of Arts, Science & Commerce)

Opposite Ghatkopar Railway Station, Ghatkopar (West), Mumbai 400086, Maharashtra, INDIA.

Website: www.rjcollege.edu.in Email: rjcollege@rjcollege.edu.in Tel No: +91 22 25151763 Fax No: +91 22 25150957

College is recognized under Section 2(f) & 12(B) of the UGC Act, 1956

Affiliated to UNIVERSITY OF MUMBAI || NAAC Re-Accredited 'A' Grade (CGPA: 3.50)

## Notice

Rotaract club of Ramniranjan Jhunjunwala College Presents an informative session on Attitude of Gratitude which would be hosted by Miss Shraddha Neeraj Nair . Date : 27<sup>th</sup> December 2022 , Time : 6:00 PM , venue : zoom meeting(online )

### Join Zoom Meeting

<https://zoom.us/j/96871560691?pwd=TVRPRG43T1UrSmp3YUZndWtvcElwdz09>

Meeting ID: 968 7156 0691

Passcode: 287512

All are cordially invited.



  
Principal

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## BROCHURE

District 3141  
**Rotaract**  **RCH**  
Presents

**ROTARACT  
ACADEMY**

Session on:  
**Attitude of Gratitude**

Conducted by:  
**Ms. Shraddha Neeraj Naik**



Host by:  
**Rotaract Club Ramniranjan Jhunjunwala College**

**Date : 27th December 2021, Timing : 06:00 pm Onwards**

RSVP  
Rtr. Tanvi Parave (8108944321) Rtr. Ayush Tripathi (9892179321)



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## Report

**Project Name :** Rotaract academy

**Venue :** Zoom

**Reporting Month :** December

**Quarter :** Two

**Project Status :** On Time

**Avenue 1 :** Professional Development (M)

**Start Time :** 27-12-2021 18:00:00

**End Time :** 27-12-2021 19:15:00

**Project Level :** Club

**Project Frequency :** Once

-Rotaract Academy is a year-round initiative to facilitate Rotaract Clubs in organizing and executing certain skilloriented, value-based Workshops or Seminars; by connecting them with the Individuals, Institutions, or Organizations whose knowledge and expertise assist the Rotaractors and to our community to transcend in the Modern world.

-It is an initiative taken by Rotaract District 3141.

“Gratitude is the healthiest of all human emotions.

-Topic for the session was attitude to gratitude

-The main aim of the session was to show us that we must have gratitude to each and every living and nonliving things too.

-On 27 of December at 5:45 pm everyone started joining the zoom meet. Than

RTR. Shohel Shaikh ordered the Project.



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-Rtr. Tanvi Parave gave introduction of Miss. Shraddha Neeraj Naik .She is a life coach with a focus on living in Gratitude , A CFA by profession and has plunged into entrepreneurship as well , In one of the lowest point of her Life she got

introduced to the highest learning power of "Gratitude "and since then her mission is to empower One lakh people to practice gratitude as a daily practice Than ma'am took over the session. -She explained what is Gratitude and why we should perceive it's

-An attitude of gratitude means making it a conscious habit to express thankfulness and appreciation for every Part of your life. Having an attitude of gratitude means you operate from a place of abundance, rather than Scarcity. When you develop an attitude of gratitude you feel happier and more positive

-An Attitude of Gratitude is a regular habit to express appreciation for all different parts of life, no matter how small. If you concentrate on what you have, you'll

always have more. If you concentrate on what you don't have, you'll never have enough.

-And then RTR. Tanvi Parave displayed the token of appreciation and RTR. Neha gave vote of thanks and RTR Sohel Adjourn the meet

-And the session ended on a good note

## Summary

On 27 December. We had a session on attitude to gratitude where we had miss Shraddha Neeraj Naik and she explained all how we should have gratitude towards. Everyone. It was a great and Interactive session

## Impact Analysis

It had a great impact on once personal life. We started being thankful to each and everything that we had in our life



  
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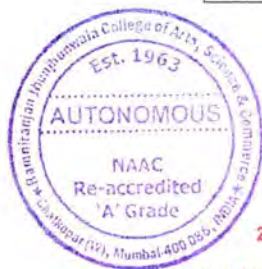
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## ATTENDANCE

Roll no	Name	Class
4	GUPTA ASHWINI AVDESH SADHANA	TYBMS
5	GUPTA MAHENDRA BANARASI MANJU	TYBMS
105	GURAV DHANISHTA DASHARATH DEEPTI	TYBMS
211	JAGADALE PRATIK MAHADEO VIJAYA	TYBMS
6	JAISWAL SHUBHAM SATISH SUSHMA	TYBMS
106	JAIVEER THAKUR NANDU PRITEE	TYBMS
7	JATHAR YASH JAIDEEP VAISHALI	TYBMS
116	KALE MUKUL GANESH MEGHANA	TYBMS
118	KALLEDA ROSHNI POSSIYA RAJITHA	TYBMS
48	KESARI PRIYA SHIVBABU ANJANA	TYBMS
8	KIRTAWADE KANAK SATISH SANGEETA	TYBMS
117	MANE KRUTIKA RAVINDRA PUSHPA	TYBMS
9	MISHRA PREETI VENKATESHWAR JAIDEVI	TYBMS
10	PAL SAPNA RAVINDRA PAL SEETA PAL	TYBMS
38	PAL SHRISHTI SURESH PAL BABITA PAL	TYBMS
109	PANDEY SEJAL DILIP PANDEY RANNU PANDEY	TYBMS
131	PARAD AKANKSHA ANIL VAISHALI	TYBMS
128	PARIDA SUNITA DURYODHAN MANDAKINI	TYBMS
215	PRAJAPATI AARTI RAMAKANT JUGGUNDEVI	TYBMS
12	RAI KHUSHI BRIJKISHORE SONIYA	TYBMS
204	SAWANT RUTUJA VIKAS VIDHYA	TYBMS
21	SHAH RAHUL RAJENDRA ASHA	TYBMS
130	SHAIKH FIZA RAFIQ JARINA	TYBMS



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18	SHAIKH SOHEL SALIM SHABNAM	TYBMS
111	SHET AKSHAY KUMAR SUNDEEP ROOPA	TYBMS
132	SHUKLA SHIVAM HARISHANKAR SANGITA	TYBMS
47	SINGH AKSHATA KAMLESH RENU	TYBMS
120	SINGH ATITHI RAJANPRATAP POONAM	TYBMS
19	SINGH ESHA RAJENDRA SAROJ	TYBMS
50	SINGH PRIYANSHU VIRENDRA NIRMALA	TYBMS
133	SINGH SAKSHI SHRAVAN KUMAR PRATIMA	TYBMS
129	SINGH SHWETA CHANDRABHAN POONAM	TYBMS
53	SINGH SUNNY DINANATH SAMPATI DEVI	TYBMS
20	TALWAR ATHARVA UMESH VIDYA	TYBMS
113	THAKUR CHAITANYA RAJKUMAR AARTI	TYBMS
114	THORVE SAHIL JAGDISH SHREYA	TYBMS
115	UPADHYAY AKANKSHA UPENDRA SANGEETA	TYBMS
22	VISHWAKARMA PRIYA JAWAHARLAL TARA	TYBMS



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## CERTIFICATE



  
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